

Morning Sessions:

Mindfulness-based Practices for School Counselors - Montpelier Room

This introductory, interactive workshop will offer a brief overview of relevant research related to mindfulness practice. Participants will be introduced to mindfulness-based applications and given demonstrations of activities that counselors can use in public school settings. The workshop will be led by Marilyn Webb Neagley and Carol Wheeler, a counselor from the South Burlington School District.

Affirming Care Beyond the Sticker: Allyship for Queer & Trans Youth - Boardroom 338

Come learn more about the knowledge, skills, and awareness needed in your role as counselor to cultivate genuine allyship to queer, trans, and questioning youth. We'll examine affirming care from multiple angles: personal, structural, cultural, and beyond. You are the change agents - make sure you are doing right by your students in this interactive session brought to you by Erika Meierdiercks and Dana Kaplan, Outright Vermont! www.outrightvt.org

College Counseling and Proficiency Based Grading Requirements- The Boardroom

This session will provide an opportunity to discuss current school initiatives to address PBGR in relation to college applications and how colleges are looking at the high school transcript. Three high school counselors will lead a discussion about practices and outreach to their communities. Also joining the conversation will be two college admissions professionals to provide insight to how colleges work with these changes for Vermont students.

Taking Care of Our Students: How to Share Emotional Intelligence Skills & Tools within Schools - Governor's Ballroom

How we support strength-based youth development and build empathy in children & teens? This workshop will explore how to transfer key emotional intelligence skills to young people and offer concrete strategies which can be immediately applied and integrated into the existing climate/culture at schools. It is important to provide youth with tools to support critical thinking and empower them to make healthy, safe & respectful decisions. Participants will leave with activities and suggestions to bring back to their schools and use in their work with youth.

Afternoon sessions:

Say What? From the mouths of queer, trans, and questioning youth! - Governor's Ballroom

Wanna know what it's like for LGBTQ+ youth in Vermont schools? Join us for this vibrant youth panel and hear from students themselves about what school is like. Ask questions, be curious, and come ready to learn more about what our students look for from supportive adults, supportive schools, and specifically, you! Facilitated by Erika Meierdiercks and Dana Kaplan, Outright Vermont: www.outrightvt.org

"Personalization, Flexible Pathways and the AOE" - The Boardroom

The Agency of Education has a new Personalized Learning and Flexible Pathways team. Veronica Newton, Toni Marra, and Sigrid Olson will talk about the structure of this new team and their plans for collaboration and moving work forward this coming school year. In addition, they will facilitate a discussion around what is currently happening in your district/school around PLPs and flexible pathways, and how we can all work together to meet the goals of Act 77.

Surfing the Waves of Life: Mindfulness and Self-Care in Schools and Communities - Montpelier Room

Through hands on activities we will be experiencing how mindfulness and self-care can foster social and emotional well-being in your schools and communities. We will be utilizing science-based practices from the Greater Good Science Center as an avenue to broaden our ideas of living a meaningful life. You will leave this workshop with tools to use not only with your students and staff, but also to help you surf the waves of life.

Reach Higher to Create a Comprehensive School Counseling Program - Boardroom 338

Rebecca Lallier, Dothan Brook Elementary school counselor, will explore how K-12 school counselors can address the Reach Higher initiative for post-secondary education AND use that work to help develop/refine a comprehensive school counseling program. This session will include ideas and concrete examples about how you can use Reach Higher to address the ASCA Mindsets & Behaviors and new Ethical Standards, incorporate data-based decision-making, and help you create a program that meets ASCA National Model and RAMP guidelines. Not exactly sure what Reach Higher, ASCA National Model, and RAMP are? We'll cover that too!

CANCELLED - Unified Champion Schools

Special Olympics Vermont offers no cost resources and training to incorporate unified strategies into elementary through high schools throughout the state. (The organization will share information with us through our Facebook page at a later date)